

## ABSTRACT

The present invention provides a method for easily and quantitatively evaluating a degree of fatigue of a human being, a kit therefor, and an application thereof. Specifically, by measuring a concentration of amino acid in plasma taken from a subject, the degree of fatigue of the subject in daily life can be easily and quantitatively evaluated. Furthermore, an in vivo anti-fatigue effect of an anti-fatigue substance and that of an anti-fatigue food product can be measured.